

EPI Update for Friday, March 30, 2018
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Influenza activity still declining; no antiviral resistance seen in Iowa**
- **American Dental Association announces new opioid policy**
- **Easter safety: Ham, eggs and baby chicks**
- **In the news: Guinea worm disease transmission stopped in South Sudan**
- **In the news: C-Sections and gut bacteria may contribute to overweight kids**
- **Infographic: Promising actions for safer opioid prescribing**
- **Meeting announcements and training opportunities**

Influenza activity still declining; no antiviral resistance seen in Iowa

Influenza activity in Iowa continues to decrease on most measures, with influenza B accounting for approximately 70 percent of positive influenza tests reported to IDPH recently. Different measures of influenza activity have peaked at varying weeks of the season. Rapid influenza A positivity peaked at 26 percent the week ending January 20 and influenza B positivity hit a season high the week ending March 3. Hospitalizations due to influenza, school illness reports, outpatient influenza-like illness (ILI), long-term care influenza outbreaks, and influenza mortality all began decreasing at various points in February.

Every two weeks the State Hygienic Lab at the University of Iowa (SHL) submits 5 Influenza A positive specimens to a pyrosequencing laboratory for antiviral resistance surveillance. The purpose is to identify drug resistance in influenza A viruses caused by mutations in the neuraminidase. There has been no antiviral resistance identified in Iowa specimens tested thus far this season.

To view the weekly influenza report, visit idph.iowa.gov/influenza/reports.

American Dental Association announces new opioid policy

The American Dental Association (ADA), in recognition of the seriousness of the opioid crisis in America, has initiated opioid prescribing guidelines for dentists to reduce dependency on opioid products. Dentists usually prescribe pain relievers for episodic acute pain, not long term chronic care. The ADA recommends a limit to opioids in such cases to no more than seven days, then moving to non-steroidal pain relievers if needed. The dental provider is the ultimate authority in providing treatment based on the patient's condition, but the seven day period allows coverage within a reasonable window for the average acute pain situation with less chance of addictive outcomes with longer periods of opioid use.

For more information, visit

www.ada.org/en/advocacy/advocacy-issues/prescription-opioid-abuse.

Easter safety: Ham, eggs and baby chicks

The upcoming Easter weekend will bring many families together for activities such as egg hunting, delicious meals, and maybe even a new pet chicken. Here are a few tips for how to enjoy the festivities safely:

- Ham should reach an internal temperature of 145° F during cooking and the oven should be set no lower than 325° F.
- Store eggs in the refrigerator and wash hands and surfaces that come in contact with raw eggs.
- Cook eggs thoroughly. Dishes containing eggs should reach an internal temperature of 160° F during cooking.
- Always wash your hands after touching live poultry. Adults should supervise handwashing by young children. Use hand sanitizer if soap and water are not readily available.

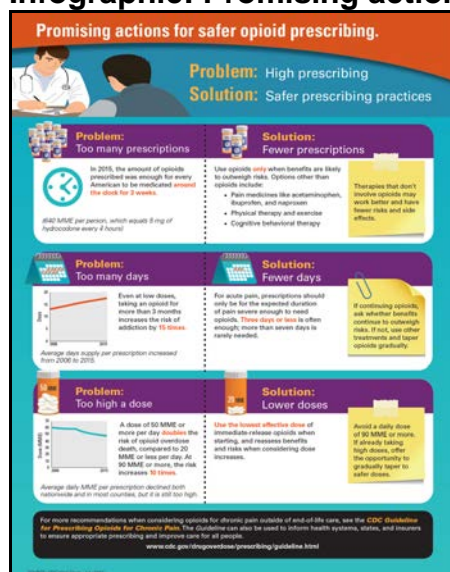
For more safety tips about eggs and ham, visit www.foodsafety.gov/blog/2018/03/easter-ham-eggs.html.

For more safety tips about live poultry, visit www.cdc.gov/features/salmonellapoultry/index.html.

In the news: Guinea worm disease transmission stopped in South Sudan
apnews.com/d0a31701c1bd44bea0a3498b97a26eee

In the news: C-Sections and gut bacteria may contribute to overweight kids
www.nytimes.com/2018/02/28/well/family/c-sections-and-gut-bacteria-may-contribute-to-overweight-kids.html

Infographic: Promising actions for safer opioid prescribing



To view in full size, visit www.cdc.gov/vitalsigns/opioids/infographic.html#infographic.

Meeting announcements and training opportunities

Save the Date! The 2018 Iowa HIV, STD, and Hepatitis Conference, *Advances & Opportunities*, will be held June 27-28 at the Holiday Inn Airport and Conference Center, Des Moines. Approximately 400 participants will be in attendance, including prevention and care providers, health care providers, community health planners, physicians, practitioners, pharmacists, persons from community-based organizations, educators, substance use disorder counselors, health departments, hospitals, and those who are HIV and HCV infected and affected. Registration will open soon!

Have a healthy and happy week!

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